ISRAELI TANKS ROLL INTO GAZA STRIP, PG 5

Sports pg 9

Devils take down Sens in overtime

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metro

OTTAWA • MONDAY, JANUARY 5, 2009 metronews.ca

Celebrity Buzz

Pitt has no problem with dirty diapers pg 14

Avalanche victims mourned

More than 2,000 attend service

The mourners began turning up before dawn yesterday, forming a line outside the Sparwood, B.C., hockey arena where a public memorial was held for the eight local men who died last week in a snowmobiling accident.

Jack Schafer was among the first to arrive, a volunteer driver for one of the hastily arranged shuttle buses used to ferry townsfolk to the arena. His bus was packed, and all were quiet at first — until someone in the back cracked a joke.

"We all started laughing," said Schafer as he sat by himself in the corner of the arena bleachers, where thousands marched through, to the strain of bagpipers. "It was what we all needed. To laugh and remember before we started crying."

The mining town of Sparwood, population 3,600, has been on a similar roller-coaster of emotion since the a series of avalanches on Dec. 28 claimed the lives of Daniel Bjarnason and Kurt Kable, both 28, Warren Rothel, 33, Kane Rusnak, 30, Thomas Talarico, 32, Blayne Wilson, 26, and Leonard Stier, 45, along with his 20-year-old son Michael.

Three other snowmobilers on the ride that day — Jeff Adams, James Drake and Jeremy Rusnak — made it out to safety after digging themselves and each other out of the hard-packed snow, sometimes with just bare hands.

Background

- The victims died when a series of avalanches, rushing at speeds of up to 150 km/h, crashed down on them as they rode in the backcountry in nearby Harvey Valley.

Yesterday, photos of the eight victims stood on a makeshift stage, flanked by a pair of shiny new snowmobiles. Mourners doffed baseball caps and held roses as they entered the hall. Two thousand candles were handed out.

All stood when the victims' families marched in — including an elderly grandfather gripping tightly to his cane and a three-month-old baby, clutching a soother.

TORSTAR NEWS SERVICE

Fire **Two homes destroyed in Orleans**

TIM WIECLAWSKI/METRO OTTAWA

Firefighters wait to ensure there are no hidden fires in the burnt-out ruins of the houses at 2103 and 2105 Avebury Dr. in Orleans yesterday. The fire, which started at around 1:50 a.m. yesterday morning, destroyed both homes. See story page 3

Woman charged in hotel fire

ARREST A 25-year-old woman from Gatineau has been arrested and charged in connection with an allegedly deliberately set fire at a downtown Ottawa hotel on New Year's Day.

Melissa White appeared in the Ottawa courthouse early yesterday morning to face charges of two counts of arson causing bodily harm, one count of arson endangering life, arson causing property damage and assaulting police. She has since been remanded into custody at the Ottawa Carleton Detention Centre.

Three people remain in hospital as a result of injuries sustained in the fire, which started at the Radisson Hotel at around 8 a.m. on Jan. 1.

The investigation into the fire continues.

METRO OTTAWA

Stolen school bus hit-and-run ends in charges

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

CRIME A Gatineau man is in custody after allegedly stealing a school bus, driving it onto a car and then threatening to blow himself up with a propane tank yesterday.

According Gatineau police Lt. Remi Major, the incident began around 2:30 a.m. as a hit-and-run in the Hull sector of Gatineau.

A witness reported that a school bus appeared to have intentionally hit a car parked in front of 79 Adélard-Beauchamp St., then drove away.

The investigation led police officers to the office of Autobus Outaouais Inc. at 545 Vernon St. in Aylmer, where they discovered someone had broken in and stolen a bus.

Six other buses were also damaged.

Major said it was likely the driver hit those buses on his way out of the lot.

At 11:19 a.m. yesterday, police were called back to Adélard-Beauchamp Street because someone had returned and allegedly driven the bus onto the car it had hit earlier and gotten stuck.

When police arrived, the driver barricaded himself inside the bus and threatened to blow himself up with a propane tank and a lighter, Major said.

Major said the alleged driver, a former employee at Autobus Outaouais, had recently separated from the woman who owned the vehicle.

Eventually, the suspect released the gas tank and the lighter, but then he held a knife to his own throat and threatened to kill himself.

Police used pepper spray to neutralize the man. He was taken into custody and charged with mischief, break-and-enter and hit-and-run.

Entertainment pg 12

Travolta struggles with tragedy

Going Green pg 7

Low-cost wardrobe solutions

Workology pg 10

Citizen journalists on the scene

ShareYourViews
ottawaletters@metronews.ca

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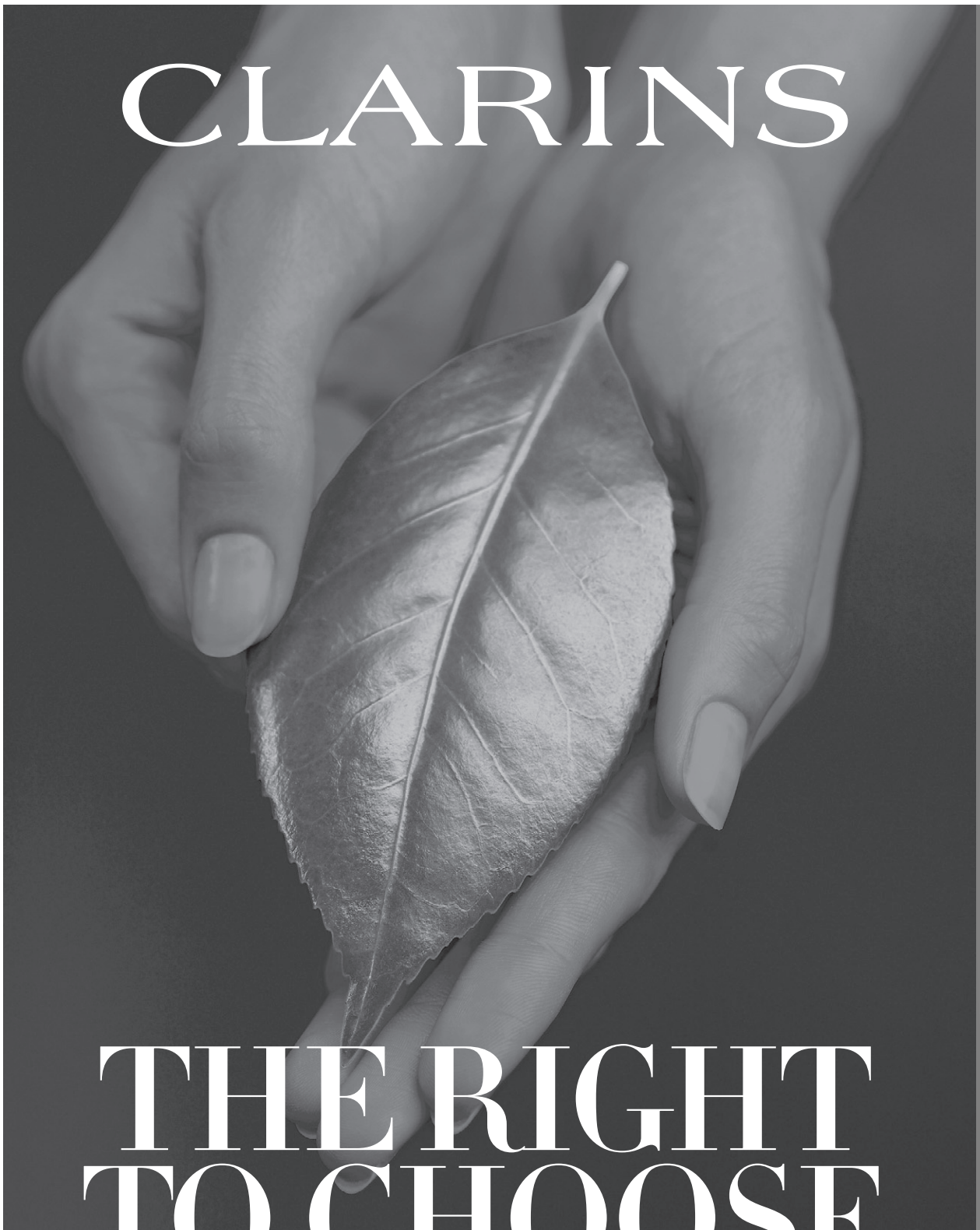

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In addition, from January 10 to 23 you will also receive a trial size Moisture Rich Body Lotion

First murder suspect of '09 appears in court
A man charged with Ottawa's first homicide of the year appeared in court Friday. At 4 a.m. on New Year's Day, police found the body of a 41-year-old man at an apartment at 391 Dieppe St. in Vanier. Tim Kadluck, 25, of Ottawa appeared in court Friday to answer to second-degree murder charges. METRO OTTAWA

Local

Cops on lookout for counterfeit bills

Police are seeking a female suspect who was believed to be passing counterfeit $100 bills in the Vanier and Overbrook areas recently. The same suspect female was involved in each incident. She is described as white, in her early 40s, between five-foot and five-foot-five with dark hair and a heavy build. She was wearing a black winter jacket with a faux fur collar. METRO OTTAWA

Have your say on the transit strike

SUBMISSION It's been bad, but it's about to get worse. With elementary, high school and university students all returning to class this week, the city is anticipating the heaviest traffic congestion since the transit strike began.

City residents who believe the tstrike is affecting their lives are invited to voice their opinions this week.

The Canada Labour Code states during a strike or lockout, the employer, the trade union and the employees in the bargaining unit must continue the supply of services to the extent necessary to prevent an immediate and serious danger to the safety or health of the public.

Members of the public have an opportunity to provide a written explanation as to why they think this obligation is or is not being met during the strike.

Submissions must provide specific details and include name and contact info. They can be e-mailed to octranspoatu@cirb-ccri.gc.ca.

TRACEY TONG/METRO OTTAWA

Economy won't rain on brides' parades

TRACEY TONG
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While weddings seem to be synonymous with luxury and expense, the recession isn't likely to affect how much money brides and grooms here spend on their big day, experts said yesterday.

"Even with the economy the way it is right now, people are finding the money to throw themselves a big party," said Stacey Price, principal planner at Marry Me Productions, a wedding planning company based out of Ottawa. With the average wedding costing between $28,000 and $35,000, "we're gearing up for our biggest season yet," she said.

The company was one of about 160 catering to more than 3,000 people at the Wedding Palace Bridal Show, at the downtown Westin Hotel over the weekend.

People are expected to continue to shell out for their weddings despite hard economic times, and there are several reasons for this, said Price.

Brides and grooms are slightly older than in the past, and have had time to establish their careers.

"We see a lot of young professionals," she said. "People are paying for their weddings themselves, rather than having their parents pay for it."

"People are holding out a little longer to get married," said Amanda Andrews, president of the Wedding Palace Bridal Show yesterday.

As a result, they have more money to spend, she said.

There's also been a change in the types of weddings people are having, Price said.

She estimates only three out of 40 weddings are "traditional."

"Because they're paying for it, young people aren't giving up control," she said.

Fleisher Photography photographer Kathy Youssef also doesn't think a recession will have much of an effect on her business.

"At the end of the day, the cake gets eaten and the shoes get put away, but the pictures will stay, and they'll remind you of the day," she said.

Although Danielle St-Pierre, 23, and Jason VandenOetelaar, 24, have been affected by the recession, the Alexandria couple isn't worried about the effect it will have on their October 2009 wedding.

"We didn't plan on going too extravagant," she said.

TRACEY TONG/METRO OTTAWA

Models strut their stuff in the latest wedding dresses at the Wedding Palace Bridal Show at the Westin Hotel yesterday.

3-alarm blaze leaves families homeless

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Two families are homeless after an early morning fire destroyed a couple of Orleans homes yesterday.

Firefighters were called to the houses at 2105 and 2103 Avebury Dr. at around 1:50 a.m., where more than 60 firefighters battled the three-alarm fire.

"There was some concern in the early stages of the fire that it would take one or two more units," said District Chief John Gagnon.

Neighbouring houses on either side of the houses affected were evacuated as a precaution and received some smoke and water damage.

The cause of the fire is still under investigation, but police do not believe it is suspicious.

According to Gagnon, the fire originated in the garage of 2105 Avebury, then burned up to the roof and jumped to the eaves of 2103.

Occupants of both homes were able to flee without injury, but the houses were destroyed beyond repair. The initial damage estimate is around $1.2 million to the buildings and $300,000 more for the contents.

"(The fire) was really shooting up high. We were watching to see that it didn't jump over to the next house."
Stephane Rizok

Next-door neighbour Stephane Rizok, who lives at 2107 Avebury, was woken just before 2 a.m. by firefighters who told him to evacuate the house.

"I've never been beside a house that burnt down," he said.

"It was really shooting up high. We were watching to see that it didn't jump over to the next house."

Rizok and other neighbours were later allowed to return to their homes.

Around noon yesterday, firefighters were still on the scene to ensure all hidden fires were extinguished.

metronews.ca
WHAT'S ONLINE TODAY

Video The conflict in Gaza spills onto Canadian streets at **metronews.ca/canada**

Video Thousands turn up at Sparwood, B.C., memorial for avalanche victims at **metronews.ca/canada**

Bushisms U.S. President George W. Bush's greatest verbal hits at **metronews.ca/world**

Lotteries

Friday, Jan. 2
Lotto Super 7: 4, 13, 19, 30, 32, 35 & 38 Bonus 16
Saturday, Jan. 3
Lotto 6/49: 4, 13, 17, 25, 36 & 48 Bonus 28
Sunday, Jan. 4
Ontario Pick 3: 0 2 2; **Ontario Pick 4** : 9 2 6 1
Encore: 8628499;
Daily Keno: 1, 13, 14, 15, 16, 20, 22, 23, 25, 31 34, 35, 38, 39, 42, 48, 49, 53, 66, 69
These results are not official.

News in brief

CANAL Paramedics attended to about half a dozen incidents on the Rideau Canal Skateway over the weekend. They treated and transported to hospital two women with fractured wrists due to falls and one woman with a sore back incurred while she was trying to prevent her daughter from falling. They also treated a head injury and a cold-related injury. "We get dozens and dozens of calls on the canal every year," said paramedic team leader Darryl Wilton. He said paramedics have access to a six-wheel-drive Gator, which can be used on ice to transport patients. METRO OTTAWA

City opens up more parking spots as transit union considers offer

TRANSIT Striking OC Transpo workers will decide by Thursday whether to accept the city's latest contract offer.

At the request of the city, federal Labour Minister Rona Ambrose ordered the Amalgamated Transit Union Local 279 to hold the vote before Jan. 9.

The negotiating team from the union, which represents around 2,300 OC Transpo drivers, mechanics and dispatchers, said they refused to put the latest offer to a vote since it was not substantially different than the offer that was overwhelmingly rejected Dec. 4.

Parking
- To find additional parking spaces, log on to www.ottawa.ca

OC Transpo buses have been parked since Dec. 10 and neither side appears to have taken significant steps to ending the strike since it began.

The union is holding a meeting today to educate its members about the offer. City councillors are meeting tomorrow to discuss strike issues.

To alleviate traffic, the city is encouraging residents to carpool by opening up more than 3,000 more off-street parking spots around downtown and installing signage at selected bus stops on Albert and Slater streets designating them as carpool meeting areas during the afternoon peak period.

TIM WIECLAWSKI/METRO OTTAWA

Suicide pact led to death of man, three kids: Police

A suicide pact resulted in the deaths of a Quebec father and three children, police alleged, as relatives suggested financial strain was a factor in the tragedy. A police spokesperson alleged Marc Laliberte and his wife Kathy Gauthier-Lachance planned to commit suicide after killing their three children. **CBC NEWS ONLINE**

Canada

Guité granted parole

The federal bureaucrat who headed the sponsorship program of the 1990s has been granted parole. Chuck Guité, left, was granted conditional parole on Dec. 23. He's eligible for day parole on Feb. 15 and full parole on Sept. 16. Guité will have served seven months of his 42-month sentence when his day parole is slated to begin. METRO NEWS SERVICES

Birth rate still rising in Quebec

At six pounds, nine ounces, Olivier Tremblay is a small baby, but he nevertheless carries on his tiny shoulders the weight of a demographic success.

Born at exactly midnight, Jan. 1, little Olivier was the first baby born in Quebec in 2009.

But he also heralds the reversal of a rather bleak demographic picture for the province, which once upon a time had Canada's biggest baby boom followed by its worst baby bust.

Now, new statistics show that Quebec has solidified an upward trend in the provincial birth rate, easing anxieties that foresaw population declines and francophone cultural uncertainty.

In addition, births outside of wedlock are now the vast majority in Quebec, and are occurring at twice the rate compared to the rest of Canada.

The birth rate increased for the fifth year in a row in 2007, according to the most recent demographic report produced by the Quebec Institute of Statistics.

There were 84,200 births, three per cent more than 2006.

TORSTAR NEWS SERVICE

Averages

- For the first time since 1959, Quebec's fertility rate of 1.65 children per woman outranks the Canadian average of 1.59.

Edmonton **Gaza protest**

BEN LEMPHERS/FOR METRO CANADA

Hundreds of people gathered outside city hall in support of Palestine, calling for peace and justice. The well-attended, lively demonstration was in response to Israel's escalating attack on Gaza, which has claimed several civilian lives. Similar protests were held across the country, with the largest rally seen in Montreal where thousands of flag-waving protesters flooded downtown streets.

News in brief

POLITICS The NDP is threatening legal action to get the names of Tories involved in the taping of an NDP caucus meeting last month.

POLITICS Questions about John Tory's leadership of Ontario's Progressive Conservatives are a "growing distraction," says Bob Runciman. Runciman is filling in as leader of the Opposition while Tory continues to search for a seat in the legislature.

METRO NEWS SERVICES

Scientists take next step in stem cell research

HEALTH Scientists at McMaster University have found a way to tell the difference between normal stem cells and cancer stem cells, a discovery that removes one of the hurdles to the long-awaited promise of using human embryonic stem cells for personalized organ and tissue transplantation.

The study, published yesterday, sets out a list of criteria that scientists can use to differentiate between normal stem cells and cancer stem cells, a subset of rogue cancer cells that many scientists believe drive the growth of malignant tumours. The finding will also help in the search for new, more targeted cancer drugs.

TORSTAR NEWS SERVICE

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Massive onslaught of comets hit Earth thousands of years ago
Tiny diamonds sprinkled across North America suggest a "swarm" of comets hit the Earth around 13,000 years ago, kicking up enough disruption — the equivalent of thousands of atomic bombs — to send the planet into a cold spell and drive mammoths and other creatures into extinction, scientists reported. REUTERS

World

Crisis halts Rice's China trip

U.S. Secretary of State Condoleezza Rice, left, has cancelled a trip to China this week because of the crisis in Gaza where Israel has launched a ground offensive, the State Department said yesterday. China had invited Rice to Beijing to attend celebrations to mark the 30th anniversary of diplomatic ties between the two countries. REUTERS

More civilians killed in Gaza strike

Israeli forces split the Gaza Strip and ringed its main city yesterday in an offensive against Hamas that has killed 500 Palestinians, including a growing number of civilians.

Israeli tanks poured shells and machine gunfire into suspected militant positions and war planes struck as Hamas fighters fought back with mortars and rockets.

Hamas kept up rocket attacks against southern Israel, defying efforts by the Middle East's most powerful army to achieve Israeli leaders' declared aim of removing the threat of cross-border salvoes.

European Union foreign policy chiefs launched a mission to seek a ceasefire, but acknowledged they faced a difficult task.

At least 42 Palestinians, most of them civilians, were killed in the attack on Gaza's main shopping district yesterday.

Among the casualties were five civilians killed and 40 wounded when tank shells hit Gaza City's main shopping area. Two children were dismembered by a tank blast.

Three Palestinian rescue workers were also killed, raising the number of medical staff killed to seven. REUTERS

Diplomatic talks

- Hamas plans to send a delegation to Egypt today for the first diplomatic talks since the launch of the Gaza offensive. An official said Friday that Egypt had launched contacts with Hamas to achieve a truce.

MUHAMMAD HAMED / REUTERS

A Jordanian woman holds up a poster with pictures of the late senior Hamas leader Nizar Rayyan during a protest against Israel's Gaza offensive held yesterday in Amman.

Arabs vent at governments over violence

MIDDLE EAST Israel's offensive in the Gaza Strip has inflamed sentiment across the Arab world against governments seen as doing little or nothing to stop the onslaught.

Footage of Palestinian dead, including children, being picked from the rubble of buildings hit by Israeli fire has been broadcast across the Middle East by Arab television channels. Some have supplied non-stop coverage.

In Jordan, hundreds wept during noon prayers, a scene repeated across the kingdom where worshippers recited prayers cursing Arab leaders, perceived by many as not only standing idly as Gazans die, but conspiring with Israel. REUTERS

Russia wants warships worldwide

RUSSIA Military leaders approved a plan by the nation's navy yesterday to station warships permanently in friendly ports around the world.

The Russian navy has been reasserting itself over the last year by chasing Somali pirates around the coast of east Africa and visiting South American allies.

A resurgent navy has become central to a strategy for Russia — which has enjoyed economic revival since 1998 — to project itself in foreign affairs.

In August, a Russian diplomat said the navy was to make more use of a Syrian Mediterranean Sea port. Last month, a Russian warship cruised off Cuba after visiting South America for the first time since 1991. REUTERS

News in brief

PIRATES A French warship captured 19 Somali pirates yesterday when it rescued two cargo ships threatened in the Gulf of Aden. The French naval vessel Jean de Vienne was off the Somali coast when it came to the rescue of a Croatian cargo vessel and a Panamanian ship crossing the Gulf of Aden. The pirates, armed and equipped with equipment to board the vessels, were captured. REUTERS

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Comment & Views

Comment

Resolve to follow this guide

HineSight

Anne Hines

Do make a plan to recycle. For instance, any resolutions you break this year can be used again next year.

It's the first week in January and according to the experts by the end of this week, most of us will break our new year's resolutions. Personally, I think this sounds unlikely. Most people I know broke them on Jan. 1.

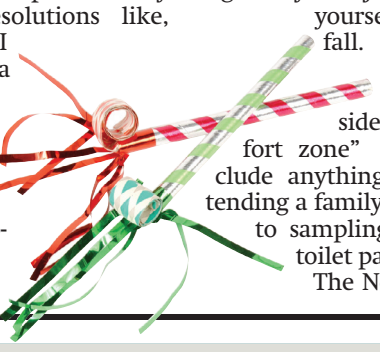
The truth seems to be that breaking new year's resolutions is as big a tradition as making them. Two highly trained Harvard scientists spent three years, thousands of grant dollars and interviewed scores of people studying this problem, finally arriving at the reason that human beings find it so hard to change.

Apparently, we don't want to. You see it pays to consult the experts.

But for those who are still determined not to break their promises this year I present:

The HineSight Guide To Keeping New Year's Resolutions.

The No. 1 almost fail-proof method for keeping your resolutions right through to the end of the year is this. Don't make any until 11:59 p.m. on New Year's Eve. Then, increase your success potential by making resolutions like, "This year I will wear a silly paper hat and watch television programming involving balls dropping in Times Square."



No. 2 on our list: Keep resolutions open-ended. For instance, "lose 10 pounds" leaves very little wiggle room (much like my jeans). Instead, resolve to "eat most responsibly." This allows you to occasionally scarf a pint of ice cream and think, "Ah dairy, that's health food."

Similarly, making a resolution like "take up skydiving" may be just setting yourself up for a fall. However, "try something outside my comfort zone" could include anything from attending a family gathering to sampling discount toilet paper.

The No. 3 strategy for keeping your resolutions is to make sure they sound fun.

"This year I will live within my financial means," simply sounds like, "There's no big screen TV in your future, honey." Try rephrasing this to, "This year I'll play Survivor: City Dwellers edition." Then, when you're foraging for food and sleeping under a viaduct it will seem like an adventure.

No. 4: Know what you're talking about. A friend says she intends to "reduce her environmental footprint" by wearing smaller shoes.

Do make a plan to recycle. For instance, any resolutions you break this year can be used again next year.

Lastly, tell yourself if you don't keep your resolutions, there's one person to blame. Your mother, boss, ex-boyfriend — you get to pick.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Views

When trust in transit breaks down

InTransit

John Holmes

Can transit in Ottawa ever have had such a turbulent year as 2008? Protracted debate about the direction of city's Transportation Master Plan dominated the agenda for most of the last year. Even transit policy fanatics must have tired of the endless discussions about how to get the project moving.

When agreement was reached in late November, we all breathed a sigh of relief. The final vote, 22-2 in favour at city council, represented an end to years of false starts and indecision. The $4.7-billion plan — starting with a downtown tunnel and light rail from Blair Station to Tunney's Pasture — generated excitement about the future of Ottawa's transit system.

How quickly things unravel. Thanks to the ongoing strike, the feel-good factor has well and truly vanished. When politicians plan to spend vast amounts on an infrastructure project, public support is crucial. Coming out of the holiday season, there's not much public goodwill towards the very idea of transit right now.

This strike has been particularly nasty. The union and the city have exchanged harsh rhetoric, and with a forced vote looming to try to settle the dispute, it's difficult to envisage them co-operating fruitfully anytime soon. But the breakdown in trust between the transit authorities — both the city and the union — and the public will be most problematic in the long term.

There's understandable annoyance towards the city, which is perceived as showing a distinct lack of urgency in finding a solution. However, Internet forums and the guerrilla Centretown poster campaigns show the bus drivers are taking the brunt of public anger. I certainly wouldn't relish being a driver working those first few post-strike shifts. I've never underestimated how seriously this strike affects Ottawa's citizens, but the level of vitriol is often excessive. No less than 98 per cent of union members voted for this strike. That's not, as has been suggested, the vote of a small minority of troublemakers. These drivers are not at home playing video games and watching Star Trek. They've spent weeks protesting outside in sub-zero temperatures.

The longer this dispute lasts, the more jeopardy Ottawa's future transit plans are in. When the buses start running again, there's no guarantee riders will return in the same numbers. I've met people whose eyes have opened to the possibility of walking journeys they previously only thought possible by bus. Others are carpooling — a comfortable, social and environmentally-friendly alternative. Citizens need to trust public transit in order to support major investment in it as the solution to Ottawa's traffic problems. The city could spend billions on a transit system. It will be a waste of money if, thanks to a tarnished image, people are reluctant to use it.

John Holmes is a writer for various publications in Canada and the U.K. He's never had a driver's licence, and has relied on public transit for all of his adult life.

MICHAEL DE ADDER

Letters

Merchants urged to rally for end to transit strike

We all know that a strike anytime is not a good time, but given the circumstances, this is just not right. The longer the strike, the worse the feedback. Time has come for all the merchants on Bank Street and all the mall administrators to put pressure on the city and the transit union for a settlement. Bank Street merchants lost a lot during construction and now they are still losing.

ANANT NAGPUR, OTTAWA

A vote for Kettle Island

On Jan. 12, the transit committee of the City of Ottawa will be considering the acceptance of the environmental assessment for the proposed construction of the interprovincial bridge using Kettle Island.

This is the third time this route has been recommended for this project and it is time to move forward with this decision.

Suggested alternatives placing this bridge to the east of Kettle Island ignore concerns of increased commuting time for residents living east of the split. Adding traffic to an already congested 174 (and by default, Innes and Montreal Road as well as cross feeders like Blair, Bearbrook and Jeanne d'Arc) would be an unnecessary burden placed on the citizens of eastern Ottawa.

The transit committee is urged to finally move past the studying of this project and recommend the Kettle Island alternative.

ROGER SMILEY, PRESIDENT
BLACKBURN COMMUNITY ASSOCIATION

CEOs' fat salaries don't match their workload

Re: "Your year's pay a day's work for top CEOs" (Jan. 2).

The fat salaries enjoyed by CEOs is due to sheer greed on their part and connivance on the part of our politicians. If not, why are the latter not attempting to put a stop to this, and giving the poor taxpayers' money to resolve problems created by these same CEOs? What extraordinary work do they do? It is true they strategize, they make decisions. But what is a good strategy or decision if the subordinates do not implement them?

BEN POKU, TORONTO

It's your turn to tell others what you think. E-mail your thoughts and opinions to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Inkjet vs. laser printers
Inkjet printers use up to 95 per cent less energy than laser printers, according to Greeniology: How To Live Well, Be Green and Make a Difference by Tanya Ha. METRO NEWS SERVICES

Going Green

Save water easily

Don't fill up your kettle. Only pour in as much water as you need right now. If every Canadian did this, we could save enough electricity to power every street light across the country, according to Change the World for Ten Bucks: 50 Ways to Make a Difference.

TORSTAR NEWS SERVICE

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

The wardrobe bailout

Keep your style fresh, eco-conscious on a small budget

KENYA HUNT
Metro World News

Your shopping budget has gone the way of your quickly evaporating savings and you're now sinking all your spare cash into that "rainy day" fund. But that doesn't mean your wardrobe has to remain stuck in recession purgatory.

1 Recycle! Most designers look to vintage collections for inspiration these days so rather than splurge on an expensive necklace, handbag or jacket of the season, try combing EBay or your local thrift store for older, second-hand, and less-expensive pieces that inspired these looks.

2 Swap! In New York, they call them "Bitch and Swap" parties. We call them recession wardrobe savers. Plan a gathering with friends in which they bring clothes from their closet they no longer wear (Set a high standard though: You want old Marc Jacobs, not worn out Hanes sweats). Pop out a few bottles of wine and some snacks and you've got a fun party and an updated wardrobe.

3 Strategize! Rather than buying expensive designer clothing, spend your money on a nice coat, shoes or bag. These items will last longer and allow you to make a bigger statement than a dress that you might only wear once a month.

4 Minimize! Minimalism is not only a huge fashion trend this season, it's also budget-friendly. It's easy to recreate a chic, pared down look in cheap American Apparel basics than it is to experiment with the season's richer, embellished looks.

5 Personalize! Nothing can be more annoying than someone asking you, "Did you get that from the Gap?" all day long. Give cheap purchases an edge by sewing on patches or appliqués to T-shirts and cardigans or adding clip-ons to ballet slipper flats.

Fair trade

- Host a swap meet with your friends — get everyone to bring over some high-end designs and let the trading wars begin! Remember, no sneaks or sweats: Only the good stuff!

Helpful tips to go 'blue'

There's a lot of talk about being green or environmentally conscious — but what about being "blue?" Water is a precious resource, so here are some easy water conservation tips for Canadians:

Stick a brick in it: The back of your toilet that is. Placing a brick, or a jar filled with water, in the back of the toilet will reduce the amount of water needed for each flush.

Shorter showers: How much water do you need to be clean? The average shower uses about 30 litres of water in five minutes, so try to keep your showers short.

Quit the bottle: Disposable water bottles create thousands of tonnes of waste every year. Instead, purchase a reusable water bottle and fill it with filtered tap water. Check out FilterForGood.ca and join other Canadians that have taken a pledge to "quit" bottled water, and start making a difference.

Cold water wash: Washing your clothes in cold water saves energy by not having to heat the water. Purchase an Energy Star certified washer and save water as well.

A cool drink of water: Craving a glass of cold water? Keep a pitcher in your refrigerator rather than running the water until it gets cool. NEWS CANADA

You can help save the environment by making greener choices while shopping for groceries.

Make smarter choices at the grocery store

What better place to start saving the environment than at your local grocery store? Making smart choices in the grocery aisles can help reduce your family's environmental footprint.

Here are some simple ways to turn your shopping list green:

Buy local: When food doesn't have to travel far, it requires less packaging materials, fewer preservatives and often fewer pesticides. Not only are these processes bad for the environment, but they also take away from the taste of the food. Another benefit to buying locally grown food is the shorter distances the produce needs to travel, which results in less damaging greenhouse gases.

Reusable bags

- Cut down on plastic bags. Canadians use approximately 10 billion plastic bags each year. Reducing that number means bringing reusable grocery bags with you to the store. If you don't already have some, most stores have their own brand of reusable bags you can purchase while you are there. Another alternative is to use cardboard boxes to carry your groceries or paper bags that can be recycled.

Buy environmentally friendly products: Many companies are trying to be more environmentally conscious so look for brands that offer natural products in recycled packages. For example, Green Works is a new line of natural cleaners that can be found at your local grocery store. Information is available online at www.greenworkscleaners.com.

Take fewer trips: Car emissions continue to be a major contributor to greenhouse gases in Canada, making carpooling and fewer trips to the grocery store a must. Making a grocery list in advance can help cut down on trips to the store for one-off forgotten items. NEWS CANADA

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Downturn will drive tech discounts: Analyst
As the recession sets in, expect discounts and more perks as companies produce simpler, cheaper video games and wireless devices with more IPhone-style applications, says David Silverberg, managing editor of digitaljournal.com. **CBC NEWS ONLINE**

Business

Tax cuts ahead?

Tax cuts could be one way to stimulate the sagging economy, said Finance Minister Jim Flaherty, left. Along with previously announced corporate tax cuts and tax-free savings accounts, he said more infrastructure spending and tax reductions could be options. METRO NEWS SERVICES

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Is the worst over?

Investors begin the first full week of 2009 trading today with one question in mind: Is the worst over?

Given that a 38 per cent loss on the broad U.S. S&P 500 stock index last year was actually one of the better performances on stock markets, it is hard for some investors to imagine otherwise.

Indeed, December ended on a rare up note, with global stocks putting in something of a rally.

MSCI's main gauge of global stocks, its all-country world index, gained almost 3.6 per cent for the month, its first gain since May.

Toronto's main stock index pushed 2.7 per cent higher to 9,234.11 Friday, the fourth straight session of triple-digit gains to usher in the new year.

Some sentiment indicators, such as the Reuters monthly polls, also showed some return to risk appetite now that stocks are attractively priced.

Many are also expecting financial markets to return to more normal patterns during the year. It won't reach the turmoil seen in 2008, but nobody expects a bull market, either.

REUTERS

Canada's market

- Canada's stock market endured one of its worst years on record in 2008, losing 35 per cent of its value, or about $700 billion.

Business in brief

ECONOMY President-elect Barack Obama and congressional Democrats are considering a major expansion of government-assisted health-care insurance and unemployment benefits as part of a two-year economic recovery program, the New York Times reported.

POLITICS New Mexico Gov. Bill Richardson said he was withdrawing as president-elect Barack Obama's nominee for commerce secretary because of an investigation into a company that had done business with his state. REUTERS

Madoff **Still afloat**

REUTERS/SEBASTIEN NOGIER

A woman walks past the yacht Bull in southern France on Saturday. The yacht is owned by a company belonging to financier Bernard L. Madoff, who is accused of running a Ponzi scheme.

Real-estate crunch has hard punch

REAL ESTATE Last Christmas, Toronto realtors had much to celebrate, with record high sales in an industry that never looked healthier.

Prices rose by seven per cent and sales by 12 per cent over the previous year. But in September, the Toronto market finally succumbed to a three per cent price decline, the first such drop in more than a decade. By November's end, the average home was some $25,000 cheaper than it was during the same time last year.

"Over the last few months, it looked as if the market just priced in all the problems at once," says RBC senior economist Robert Hogue.

TORSTAR NEWS SERVICE

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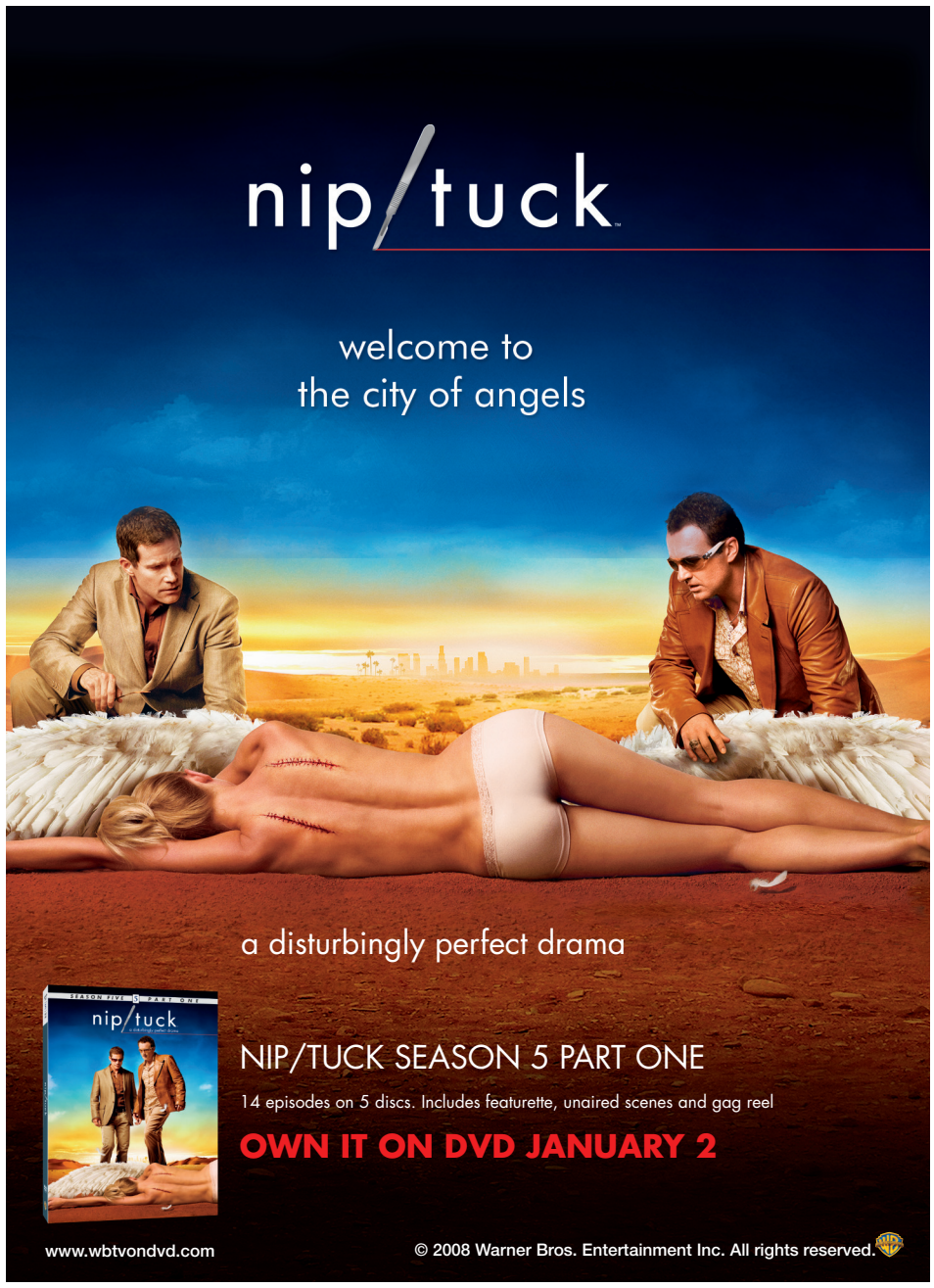
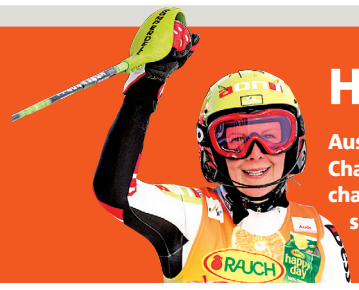


Hockey player's death renews criticism
The death of a 21-year-old hockey player who died three weeks after hitting his head on the ice during a fight has renewed calls for tougher rules governing the use of helmets. Don Sanderson, a defenceman with the senior AAA Whitby Dunlops of the OHA, died Friday in Hamilton, Ont. METRO NEWS SERVICES

Sports



Hosp to miss world championships

Austrian downhill skier Nicole Hosp, left, will miss next month's Alpine World Ski Championships after injuring her left knee. Hosp, the 2007 giant slalom world champion, tore ligaments after crashing during a warmup run for a World Cup slalom yesterday. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Sens bedevilled in Jersey

NHL RESULT

Senators 3 Devils 4 (OT)

VS

RAY STUBBLEBINE/REUTERS

Sens winger Chris Neil throws a punch at the Devils' David Clarkson during a fight last night.

THE SKINNY: The Ottawa Senators road misery continued as they dropped another one away from Scotiabank Place. Their record falls to 1-5-0 since beginning an eight-game road swing on Dec. 26.

THE WINNING GOAL: Brian Rolston scored on the power play at 3:17 of overtime with a slapshot from the blue-line that Ottawa goaltender Alex Auld didn't have much of a chance on. Auld was being screened by the Devils Brian Gionta and couldn't see the puck.

THE DEVILS' STREAK: The Devils have now won four straight games against Ottawa and five of their last six at the Prudential Center in Newark.

THE COLLISION: Ottawa forward Chris Neil crashed into Nick Foligno during the first period when the Senators tough guy was trying to take out a Devils player. The hit left Foligno with a bloody nose that needed medical attention, but he remained in the game.

THE HEAT'S OFF: Ottawa's Dany Heatley went another game without a goal and has not scored in 11 of the Senators' last 12 games.

NEXT GAME: The Senators are in Buffalo tomorrow night to take on the Sabres.

MIKE BEASLEY/ FOR METRO OTTAWA

Eagles fly past Vikings, Fish squished

NFL PLAYOFFS RECAP

Brian Westbrook took a short screen pass 71 yards for a touchdown to break open a close game and the Philadelphia Eagles went on to post a 26-14 victory over the Minnesota Vikings in an NFC Wild Card bout yesterday.

Following a 16-14 Philadelphia halftime lead, neither team was able to alter the scoreboard until the Eagles started their fourth drive of the second half with just less than seven minutes to play.

RAVENS 27, DOLPHINS 9

Ed Reed had two of Baltimore's four interceptions, running one back for a touchdown, and the Ravens defence stifled Miami to record a 27-9 win over the Dolphins in an AFC Wild Card contest yesterday.

In Saturday's action, the San Diego Chargers needed overtime to beat the Indianapolis Colts 23-17, and the Arizona Cardinals beat the Atlanta Falcons 30-24.

GREGORY SHAMUS/GETTY IMAGES

Channing Crowder of the Miami Dolphins tackles the Ravens' LeRon McClain yesterday.

METRO NEWS SERVICES

RICHARD WOLOWICZ/GETTY IMAGES

Jordan Eberle and PK Subban celebrate the tying goal that forced overtime against Russia on Saturday.

Junior stars put aside distractions

As if having the hopes of a hockey nation pinned on their back as they head into tonight's gold medal game against Sweden isn't enough, two of Canada's top players know they face another considerable distraction: The prospect of being traded.

Centre John Tavares — the most dominant player in the tournament, and his linemate Chris DiDomenico, a Toronto Maple Leafs draft pick — are in all likelihood not returning to their major junior teams.

The rebuilding Oshawa Generals are rumoured to be sending Tavares to either the Windsor Spitfires or the London Knights, while DiDomenico looks as if he's off to the Drummondville Voltageurs after two-and-a-half seasons with the Saint John Sea Dogs. "I haven't heard anything and they can't announce anything until the tournament's over," DiDomenico said yesterday after practice.

Tavares has handled another potential distraction adeptly: All those questions about any rivalry with Swedish defenceman Victor Hedman over the possibility of being drafted first overall.

While both Tavares and DiDomenico face a change of address for now, tonight's gold medal game at the world junior hockey championship against Sweden offers a life-changing opportunity for all involved.

"Everyone dreams of playing in this type of game and having this opportunity," said Tavares.

TORSTAR NEWS SERVICE

Dearest Ottawa, January, 2009

It has been a long time since we last corresponded.

We've been through a lot together - dear Queen Victoria passed on, we experienced two World Wars and weathered through a Great Depression. The Ottawa Senators played their first game, women earned the right to vote and personal computers became household necessities.

Through it all, we've both evolved with the times while preserving our heritage and I am pleased to remain a close companion of yours.

The Arts are still an integral part of your culture and I am delighted to offer an array of seasonal courses and credit programs to suit your needs.

Please don't be a stranger and pay me a visit every now and then – I'd love to show you one of my free galleries and of course, for you it is always complimentary. Do keep in touch – the past 130 years are only the beginning.

All the best in the New Year,

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Metro Workology exclusive: Curtain Call
Don't miss Curtain Call, Metro's exclusive feature series in the Workology section. In the realm of death there are some interesting, lucrative and mysterious career opportunities; we will be digging up the stories for you, so check out Metronews.ca/work exclusively throughout January.

Workology

Laurentian opening

Laurentian University officially opened its new School of Education, which also houses the music department, the School of Rural and Northern Health, and masters program in human kinetics.

METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

A reporter for all seasons

Small Business

ROBYN YOUNG
for Metro Canada

Much to the chagrin of university-trained journalists the world over, citizen journalism may finally be making its way to the forefront of mainstream media.

DigitalJournal.com is a Toronto-based news site that relies solely on citizen journalists to report the news.

What legitimizes the content is the fact the founders and editors are bonafide j-school grads.

David Silverberg and Chris Hogg are two of the five 20-something editors behind the scenes at DigitalJournal who work tirelessly day in and day out to ensure the news content on their site is reliable and accurate.

"We really stress quality on our website, we want really good writers who are passionate about the English language too," said Silverberg, a Ryerson journalism school graduate and former freelance journalist.

The project began as a magazine called Digital Journal and morphed into DigitalJournal.com about two years ago, he said.

"We decided to move only to the online sphere and focus on citizen journalism once we saw how huge our site had become in attracting all these users from all these different countries," he said.

The site now publishes the work of citizen reporters from 140 countries.

When the recent Mumbai terrorist attacks began, DigitalJournal.com was one of the first news sites to upload text and photos covering the chaos.

VINUKUMAR RANGANATHAN PHOTO

DigitalJournal.com published this image and others of the Mumbai terrorist attacks at the end of November.

Silverberg said with thousands of reporters all over the world, reporting on issues just for the love of journalism, the site can have content within minutes of any major event.

"They want to be sure that what is published is accurate," said Bart B. Van Bockstaele, a Toronto-based citizen journalist.

He said he appreciates the way Silverberg and his team run the site because it legitimizes the work in spite of the fact the reporters aren't professionally trained.

"You don't have to be a j-school graduate to tell a story effectively," said Silverberg.

Through a voting system, they can earn a bit of extra pocket cash because the company shares its advertising revenues with its reporters.

Depending on how many articles a member writes a month and how many votes their pieces get through the website's voting system, they can make anywhere from $10 to a couple of hundred dollars a month.

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Confessions of a Yarn Harlot

OddJobs

At age four, Stephanie Pearl-McPhee learned how to read. So her grandmother said: "If you can do something as hard as read, you can do something as simple as knit."

So the older woman taught the toddler and Pearl-McPhee, who's now 40, was hooked. "I loved it instantly and completely and I've been knitting ever since."

But she never thought she could make a living off her passion. Her grandmother worked as a professional knitter, but it didn't pay well and the practice had fallen out of fashion by the time Pearl-McPhee grew up.

She studied illustration at Ryerson and then worked as a freelance writer. Then she had kids and become a lactation consultant and a doula. She was working in Toronto hospitals with new moms when SARS hit in 2003. Hospitals began limiting access and suddenly she could not see potential clients.

She went to bed one night saying to herself: "Think, think. What are you good at? What can you do?" Her answer: Knitting and writing.

The Lowdown

Job title: Professional knitter/writer about knitting
Salary: What a newspaper writer makes
Education/training: Years of knitting
Best part of the job: "What I used to call play I now call work."
Worst part of the job: "I travel a lot and I wish there was such a thing as teleportation."

She got up the next morning and wrote to a literary agent. She started writing proposals and in just a few months had two book deals. Both came out in 2005, and she's now published six books. Pearl-McPhee also writes a blog (which won Best Blog from the Canadian Blog Awards in 2008) called Yarn Harlot and does frequent speaking engagements.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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Universal Pictures hits box office record
Universal Pictures hit a record global box office tally of $2.834 billion US in 2008, thanks to films like The Incredible Hulk, Mamma Mia! and Wanted. REUTERS

Entertainment

Heather's plea

Actress Heather Locklear pleaded no contest Friday to a reduced charge of reckless driving in a plea deal stemming from her arrest on charges of driving under the influence of prescription drugs. REUTERS

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Box office

1. **Marley & Me:** $24.1 million US
2. **Bedtime Stories:** $20.3 million
3. **The Curious Case of Benjamin Button:** $18.4 million
4. **Valkyrie:** $14 million
5. **Yes Man:** $13.9 million
6. **Seven Pounds:** $10 million
7. **The Tale of Despereaux:** $7 million
8. **Doubt:** $5 million
9. **The Day the Earth Stood Still:** $4.9 million
10. **Slumdog Millionaire:** $4.8 million REUTERS

Travolta 'heartbroken'

Autopsy in Bahamas could determine cause of death of actor's son

Actor John Travolta broke a two-day silence over the death of his 16-year-old son Jett Sunday, saying he and his wife, actress Kelly Preston, were "heartbroken" by their sudden loss.

Jett, who had a history of seizures, was found unconscious in a bathroom at his family's home at the Old Bahama Bay resort on Grand Bahama Island Friday morning.

He was pronounced dead after being taken by ambulance to Rand Memorial Hospital in Freeport and an autopsy to determine the cause of death is due to be performed in the Bahamas today.

"Jett was the most wonderful son that two parents could ever ask for and lit up the lives of everyone he encountered," Travolta said in a statement posted on his website (travolta.com).

"We are heartbroken that our time with him was so brief. We will cherish the time that we had with him for the rest of our lives."

The statement did not refer to Jett's medical history or possible cause of death.

But it offered thanks from the Hollywood star, his wife and their 8-year-old-daughter, Ella, for "many messages of condolence from around the world."

GETTY IMAGES FILE

Actor John Travolta broke his silence yesterday over the death of his son Jett.

"Jett was the most wonderful son that two parents could ever ask for."
Travolta statement

Travolta has said previously that Jett became very sick when he was a toddler and was diagnosed with Kawasaki disease, which leads to inflammation of the blood vessels in young children.

Travolta's publicists have declined to comment on autopsy or funeral plans and could not be reached for comment yesterday.

For the latest on this story, visit metronews.ca/entertainment

Smith tops money-making poll

Actor Will Smith, star of Hancock and Seven Pounds, was voted the top money-making movie star of 2008, dethroning Johnny Depp in an annual poll released of movie theater owners and film buyers.

Smith, 40, is only the second African-American actor to win the Quigley poll in its 76-year history. Sidney Poitier was placed first in 1968 after the success of Guess Who's Coming to Dinner and In the Heat of the Night.

Three newcomers on the 2008 list — Iron Man's Robert Downey Jr., Batman star Christian Bale, and Shia LaBeouf, the 22 year-old actor in Indiana Jones and the Kingdom of the Crystal Skull — came in second, third and fourth places respectively.

GETTY IMAGES FILE

Will Smith

Anne Hathaway, who made her name in The Princess Diaries and is now a Screen Actors Guild and Golden Globe nominee for her role in Rachel Getting Married, was named a star of tomorrow. along with Chris Pine, who appeared in Bottle Shock and will play Captain Kirk in 2009's Star Trek movie.

Perennial winner Tom Cruise did not make the Top Ten for 2008 despite being voted No. 1 seven times since 1983. Depp, the Pirates of the Caribbean star who was placed first in 2007, also did not make the 2008 list.

The Quigley Poll has been conducted every year since 1932 by the publishers of the International Motion Picture Almanac. It asks movie theater owners and film buyers to vote for the 10 stars they believe generated the most box office revenue for their theaters during the year. REUTERS

Penn, Waltz impress critics

MOVIES Milk star Sean Penn was named best actor by the National Society of Film Critics on Saturday, while the animated Israeli film Waltz With Bashir was the group's surprise pick for the year's best film.

Ari Folman's memoir of his years as a soldier during the 1982 war with Lebanon bested such critical favorites as Slumdog Millionaire and Wall-E.

Penn's award was for his performance as San Francisco politician Harvey Milk, a gay rights leader who was assassinated. The best actress award went to Sally Hawkins for her role as a London schoolteacher in Happy-Go-Lucky. REUTERS

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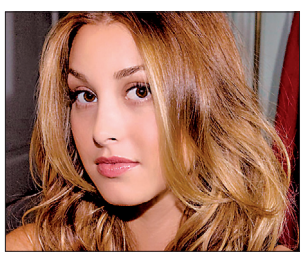
Sam Shepard arrested
Actor and Pulitzer Prize-winning playwright Sam Shepard was arrested early Saturday in Normal, Ill. and charged with speeding and drunken driving, police said. A local newspaper reported his blood alcohol was twice the legal limit. REUTERS

The unwatchable, unstoppable Hills

IntelleVision

rick.mcginnis@metronews.ca

MTV



Whitney Port, a secondary character on The Hills, now stars on The City.

DOWN FROM THE HILLS: MTV's "reality" TV sensation The Hills is like baseball to me — fun to read about, fascinating in theory, but utterly unwatchable.

I've had a fair bit of sport making fun of the show since it debuted over two and a half years ago, but I'm forced to admit there's something that keeps me coming back to the phenomenon.

And the show keeps rolling on, a juggernaut in spite of my agonized curiosity. It's the "No. 1 cable program among the 12-to-34-year-old demographic," according to a recent New York Magazine piece on The City, the Hills spin-off currently filming in New York City which promotes one Whitney Port from secondary character to heroine.

The New York piece allows itself the customary moment of confusion about its reality credentials, opening on a Manhattan street corner outside a club where Port is about to show up to hang out with her "friends."

Four cameras are to document her arrival, and bystanders have been coached to look casual. In the club, what transpires is hardly the stuff of high drama: "The girls drink, the boys drink, the girls giggle, the boys giggle — then, eventually, there's a flurry of air-kisses and everyone leaves."

No tears, no explosive catfights, no misty epiphanies about frayed friendships, not even the vacant pouts that serve as the main form of communication on The Hills. The magic happens, as anyone who's watched the show knows, in the editing suite.

A Hills spin-off was increasingly essential for MTV, since it was becoming harder to edit the product endorsements, paid nightclub appearances and speaking engagements out of Hills star Lauren Conrad's life, and Port's life was still roughly "real" enough to make her a decent subject. Still, Port already has a clothing line to push, and the pretty young people populating The City don't bother pretending that they aren't without ambitions. Within the social circles that populate the show, "Everyone I know suddenly wants to get on that show, or have their own show, or pretend to have a show in order to get on another show," said Sean Glass, an aspiring filmmaker who has sold his own Hills/City-like "reality" show to ABC.

Olivia Palermo turned down a part on Glass' show when offered a role on The City, and told MTV's producers she wanted to be on TV "because I want to be a brand." Who, I ask, wouldn't be fascinated by this?

Rick McGinnis writes about music, movies, books and television, but not opera.

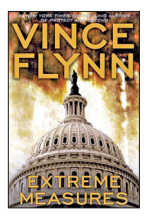
King never fails to unnerve

BookPicks

Just After Sunset

Author: Stephen King
Publisher: Scribner
Price: $32.00 (Hardcover)

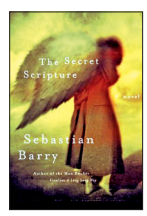
Just After Sunset, the fifth collection of short stories from celebrated horror-monger Stephen King, contains 13 tales, most of which previously appeared in publications ranging from Playboy to The New Yorker. This new compilation undoubtedly thrills and chills, often touching on a theme of human impermanence. From a hit man hired to waste an unusual feline in The Cat From Hell; to an OCD patient who causes his psychiatrist to commit suicide in N.; through a man's quest to find his fiancée in Willa, the stories bear the hallmarks of King's perennially unnerving style.



Extreme Measures

Author: Vince Flynn
Publisher: Atria Books
Price: $29.99 (Hardcover)

The latest thrilling installment in Vince Flynn's Mitch Rapp series is one in which Rapp — an undercover agent with the CIA's counterterrorism unit — takes a back seat, making way for a new protagonist. Mike Nash has worked closely with Rapp before and is more than qualified to continue the fight against terrorists in the Middle East. In the name of serving his country, Nash has kept his work secret and forgone recognition for his successes. But in Extreme Measures, he discovers the nation to which he's been so loyal may not be returning the sentiment.



The Secret Scripture

Author: Sebastian Barry
Publisher: Viking
Price: $27.50 (Hardcover)

Short-listed for the 2008 Man Booker Prize, The Secret Scripture sees acclaimed Irish author Sebastian Barry unfurl a tale of family tragedy that's propelled by Irish civil war history. Psychiatric patient Roseanne McNulty, 100, tells one half of the narrative, recounting her own blighted upbringing and her father's seemingly unlikely involvement in Ireland's early 20th century political battles. Dr. Grene, Roseanne's psychiatrist, relays the other half of the story using historical documents he's uncovered that explain why she was sent to the institution and that just may untangle her puzzling past. BRIAN COULTON/ FOR METRO CANADA

Dre's son died from overdose: Coroner

MUSIC The 20-year-old son of veteran rapper Dr. Dre died in August from an overdose of heroin and morphine, the Los Angeles County coroner's office has said. Andre Young Jr was found dead by his mother at his Los Angeles home after spending a night out with friends.

After toxicology and other tests, the coroner ruled his death as accidental and says the case is closed, spokesman Larry Dietz said. Dietz said the tests showed Young died of morphine and heroin intoxication.

At the time of his son's death, Dr. Dre — a four-time Grammy winner whose real name is Andre Young — issued a statement asking for respect and privacy. REUTERS

GlobalStyle

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1/5/09

PT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Midsomer Murders		To Build a Nation		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	*Mr. & Mrs. Smith* ★★ (2005, Action) Brad Pitt, Angelina Jolie, Vince Vaughn.						News (N)
	-	-	5	SRC	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Les Boys (N) (SC)		Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Gossip Girl (HDTV) (N)		Paris Hilton's My New BFF		Stargate Atlantis (DVS)		News (N)
	196	311	7	CTV	Hollywood	etalk	Big Bang Th	Two/Half Men	Two/Half Men	Corner Gas	CSI: Miami (HDTV)		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Being Erica "Dr. Tom"		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Superstars of Dance (N)				Momma's Boys (N)		News (N)
	117	713	10	TVA	Les Gags	Céline: les coulisses de Las Vegas (HDTV) (N)			Dr. House (HDTV) (SC)		TVA 22 heures	(10:45) *O* (2001, Drame)	
	-	-	11	QS	Beauté	C't'une joke	CSI: NY "Balle de match" (SC)		Terminator: Les Chroniques de		Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Le Printemps des Voyageurs		Dans le secret des pierres		*Les Destinées sentimentales* ★★ (2000, Drame) Emmanuelle Béart.				
	-	362	13	CBS	Dr. Phil (HDTV)		Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (HDTV)		Two/Half Men
	216	395	14	OMN2	Cold Case		News (N)		News (N)		Two/Half Men	King	Black Bearded
	214	344	15	CITY	Law & Order: SVU		The Bachelor (Season Premiere) (N)				True Beauty (N)		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Soup	How I Met	Engagement	Worst Week	Momma's Boys (N)		News (N)
	-	361	20	ABC	News (N)	Entertainment	The Bachelor (Season Premiere) (N)				True Beauty (N)		News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	First & Goal	Foot. Pregame	(8:15) College Football Tostitos Fiesta Bowl -- Ohio State vs. Texas. (HDTV) (Live)						
	-	-	64	PBS	Business Rpt.	Steves Europe	Antiques Roadshow (N)		The Story of India (N)		The Story of India (N)		Tavis Smiley
	205	312	104	CTV	Hollywood	etalk	Big Bang Th	Two/Half Men	Two/Half Men	Corner Gas	CSI: Miami (HDTV)		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Addicted to Plastic (N)		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Darts World Premier League.				Best Damn Sports Show		Sportsnet Connected		Hockey Central
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	Pregame	Junior Hockey: IIHF World Championship Gold Medal -- Teams TBA					SportsCentre (HDTV) (Live)		
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Tonight
family	411	457	56	OLN	Bounty Hunter	Dakar Rally	Survivorman		Mantracker		Bounty Hunter	Dakar Rally	Survivorman
	417	406	59	SC	Pinks (HDTV)	Pass Time	SuperCars	SuperCars	My Classic Car	My Classic Car	Barrett-Jackson		Car Crazy
cable variety	554	544	48	TEL	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama	American Dad	Robot Chicken	Life's a Zoo
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach		Mystery Hnt.
	570	580	29	MM	mmmtop	Revival	Listed		Where You At	Back In	Don't Forget the Lyrics!		Don't Forget
	615	520	31	A&E	CSI: Miami (HDTV)		Intervention "Ryan"		Intervention "John C."		Intervention		Intervention
	628	584	32	SPKE	*Star Wars: Ep. III*		CSI: Crime Scene Invstgtn.		*In the Line of Fire* ★★★ (1993, Suspense) Clint Eastwood, Rene Russo.				
	521	560	34	TLC	Kids by the Dozen		Little People	Little People	Jon & Kate	Jon & Kate	Jon & Kate Plus 8		Little People
	145	761	35	TV5	L'Objet du scandale		Un oeil sur la planète "La Géorgie panse ses plaies"				Il était une fois... Dassin		Journal TV5
	616	521	39	SHO	The Outer Limits		Kink in Hair	Kink in Hair	Kenny-Spenny	Rent-A-Goalie	Name Is Earl	Testees	House
	620	523	40	BVO	Desperate Housewives		Moments in Motion		Ballet Victoria, A Leap of Faith		Dance Atlantic	Dance With Me	Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters "Pirates 2!"		Dirty Jobs "Tar Rigger"		Verminators (N)		Daily Planet
	575	583	43	CMT	All About (N)	All About	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Womn-Country
	601	562	45	SLC	Til Debt-Part	Rich Poor	Til Debt-Part	Til Debt-Part	Tabatha's Salon Takeover (N)		Tim Gunn's Guide to Style		ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Great Canadian Laugh-Off		Daily Show
	294	529	47	TBS	House-Payne	House-Payne	*Crimson Tide* ★★★ (1995, Suspense) Denzel Washington, Gene Hackman.					Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes-Homes
	627	528	50	SPC	Lost "Catch-22"		Lost "D.O.C."		The Dresden Files		Ghost Hunters		Stargate SG-1
	581	566	53	MTV	Mom & Dad	After	MTV News	Cribs (N)	Bromance (N)		The City	After	MTV Live
	618	524	54	TROP	TV Made, Do It	News Show	Tube Tales	What Happen?	Make or Break	TV Made, Do It	Planet Soap	Reality	Deal-No Deal
	522	506	55	HIS	NCIS "Jeopardy"		Battle 360		Pearl Harbor: Who Fired First		NCIS "Jeopardy"		Crime Stories
	129	773	60	CD	Biographies "Lucie Laurier"		Les Grands travaux (HDTV)		Science du combat		Autopsie		99 histoire
	261	394	61	V	Murder, She Wrote		Eyes Down	May-December	McLeod's Daughters (N)		The Nature of Things		Poltergeist
	602	567	62	W	Will & Grace	Friends	How Clean	Kim	Love It or List It (N)		Save Us-House	Smart Cookies	Maxed Out
	269	350	70	APTN	Notre Peuple		La Cité	Mishkuenita	Movie				Closer-Home
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	Relative Madness (N)		The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		Food Detective	Road Tasted	Hell's Kitchen (N)		Chef School

critics' corner

Little Mosque on the Prairie
It's like having two dates for the prom, with the added baggage of family. In this new episode, Sarah is involved in a charity marathon that involves two-person teams. When both Yasir and Rayyan want to be her teammates, she has a tough choice to make in "Baber Is From Mars, Vegans Are From Vegus." 8 PM on 8 CBC

The Big Bang Theory
The inflated ego tends to distort the world around you and give you the feeling you can take on the world. Raj, newly famous because of a magazine article, gets a big head and makes a disastrous play for Leonard's crush, Penny. 8 PM on 13 CBS 7 CTV 104 CTV

CSI: Miami
In this episode, Horatio and his team are on the case when a body is discovered in a sinkhole. This is about more than one death, though, as their investigation leads them to a robbery and a big secret involving the target of the theft. John Schneider guest stars in "Tunnel Vision." 10 PM on 13 CBS 7 CTV 104 CTV

La Toya to appear in U.K.'s Big Brother
Michael Jackson's sister La Toya and Gangsta Paradise rapper Coolio are among the stars taking part in the U.K. TV series Celebrity Big Brother. **ANANOVA.COM**

Celebrity Buzz

Lohan, Ronson house hunting

COUPLE Lindsay Lohan and her DJ partner Samantha Ronson have been house hunting in the glitzy United Arab Emirates paradise of Dubai in a bid to beat the cameras, female-first.co.uk is reporting.

The pair reportedly fell in love with glamorous Palm Island resort after Ronson performed at the nearby luxurious Atlantis Hotel last year, according to the Daily Mirror.

And the Mean Girls star is keen to capitalize on a lack of paparazzi in the Middle-Eastern state by snapping up a lavish multi-million dollar pad.

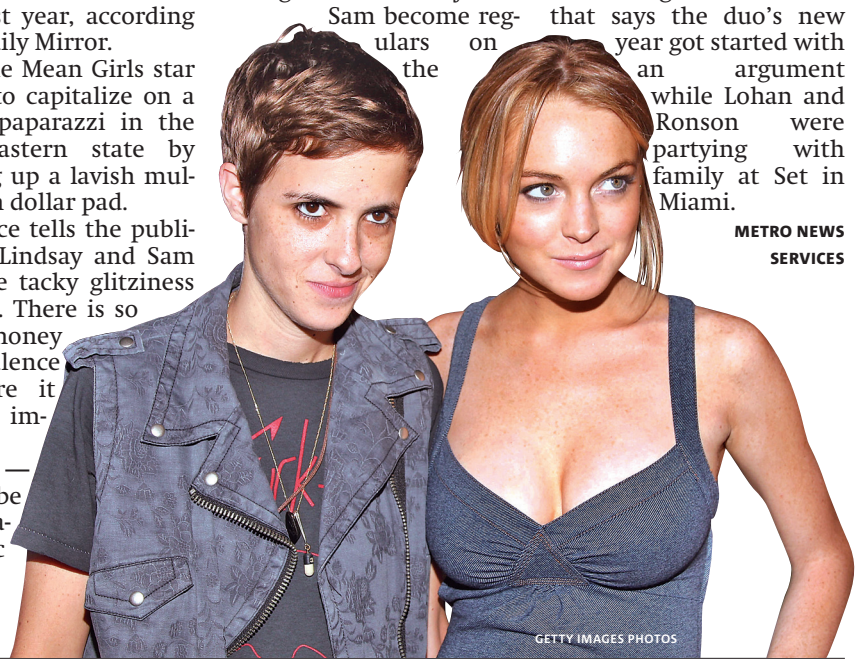
A source tells the publication, "Lindsay and Sam loved the tacky glitziness of Dubai. There is so much money and opulence out there it really impressed Lindsay — she can be quite materialistic like that. Despite her fair skin, Lindsay loves the beach and sunshine.

"And with the property market over there probably the only place where there still seems to be a boom, she thinks it will be a wise investment," the source added. "There isn't as much paparazzi either — although that's sure to change once Lindsay and Sam become regulars on the scene."

Meanwhile, eonline.com is reporting it wasn't such a happy new year for Lohan and Ronson, who reportedly ended up trashing a hotel room, engaged in fisticuffs and shouting at each other in a dirty alley.

The website quotes a report by the New York Post's Page Six column that says the duo's new year got started with an argument while Lohan and Ronson were partying with family at Set in Miami.

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Harris wants to see Jackman on show

CAREER Samantha Harris has an idea of who she wants to see on Dancing with the Stars: People magazine's Sexiest Man Alive.

"Hugh Jackman, hands down," the co-host of the show said, according to people.com

The website says Harris would expect the Wolverine actor, who has also starred on Broadway, to do well if he appearing on Dancing.

"He's a song and dance man. He's a Broadway guy," she told People in Las Vegas before celebrating her birthday at Blush Nightclub. "He's got charisma and you know he can move."

Harris said she's even suggested to Jackman that he do the show. How did the upcoming Oscars host respond? "He actually twirled and dipped me. I was so excited," she said. "That made my year."

METRO NEWS SERVICES

No on-set tension, says Eva

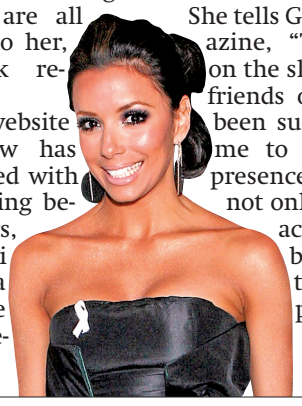
RUMOUR Actress Eva Longoria Parker has laughed off persistent rumours of tensions on the Desperate Housewives set, insisting cast members are all "dear friends" to her, femalefirst.co.uk reports.

The gossip website notes the show has long been dogged with reports of fighting between the stars, who include Teri Hatcher, Marcia Cross, Nicollette Sheridan and Felicity Huffman.

But Longoria Parker has dismissed the rumours, because she feels "gifted" to be onset with the other actresses.

She tells Glamour magazine, "The women on the show are dear friends of mine. It's been such a gift for me to be in their presence and learn not only from their acting abilities but from their life experiences.

METRO NEWS SERVICES



Kate credits body to Pilates workout

HEALTH Kate Winslet is one hot mama, but she doesn't get that fabulous bod by hitting the gym, starmagazine.com reports.

The mother-of-two, who strips down for her new film Revolutionary Road, says her hot body is a result of Pilates DVDs, according to the website.

"I am pretty average," the actress, who is married to her Revolutionary director Sam Mendes, tells UK's Elle. "I have cellulite, I don't go to the gym because I don't have time but I do Pilates work out DVDs for 20 minutes or more everyday at home."

METRO NEWS SERVICES

Smirnoff really rings in New Year

MARRIAGE Karina Smirnoff and Maksim Chmerkovskiy are looking to perfect their pas de deux, eonline.com reports.

The website says the Dancing With the Stars pros took the whole ringing in the New Year literally, getting engaged just before the calendar flipped to Jan. 1, a source close to the couple confirmed.

METRO NEWS SERVICES

Pitt loves changing diapers

FAMILY Brad Pitt loves changing nappies, female-first.co.uk reports.

The star — who is raising six children with partner Angelina Jolie — insists he is very skilled at dealing with soiled diapers.

The website says Pitt — who currently has his hands full with six-month-old twins Knox Leon and Vivienne Marcheline — said, "I'm fairly good with a nappy and all that. You know the secret of a good nappy-change? You've got to do it quick.

"There's something about the air contact that makes them want to go again, you've got to be speedy. I must say, I'm pretty quick — but I've had a lot of practice."

The gossip website adds that Jolie was reportedly warned recently not to have another child.

The 33-year-old actress — whose other biological child with Brad is two-year-old daughter Shiloh — has allegedly been told it could damage her health if she falls pregnant again.

A source reportedly told the website that, "(Jolie's) previous pregnancies ended with emergency caesarean sections. She's been told that, at the least, she should not get pregnant for a year after her last delivery, and it would be safer if she did not get pregnant again, ever."

METRO NEWS SERVICES

Perry and McCoy call it quits

RELATIONSHIP Singers Katy Perry and Travis McCoy have ended their relationship, people.com is reporting.

The I Kissed a Girl singer, 24, and the Gym Class Heroes frontman, 27, vacationed together in Mexico over the holidays, but they split shortly before the New Year, a source tells the magazine.

"It's a hardship, but she's regrouping," a source told Celebuzz, which first reported the split. McCoy took to his FriendsOrEnemies.com blog on Dec. 31, where he posted lyrics to hip-hop group Main Source's breakup song Looking at the Front Door.

METRO NEWS SERVICES

Rutherford's marriage ends

DIVORCE Pregnant Gossip Girl actress Kelly Rutherford and her husband of two years, German entrepreneur Daniel Giersch, are calling it quits.

Rutherford, 40, who is three months pregnant, filed for divorce on Dec. 30, citing "irreconcilable differences," according to papers obtained by People.

METRO NEWS SERVICES

The Weather Network
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Today Partly cloudy -2° / -14°
Tuesday Sunny -5° / -12°
Wednesday Light snow 80% -2° / -8°
MORE RELIABLE THAN YOUR EX-BOYFRIEND
WeatherEye: Delivering real-time weather and severe weather warnings, right to your desktop ... Go to theweathernetwork.com/desktop to download your free WeatherEye.
Anytime, Anywhere, Anyhow

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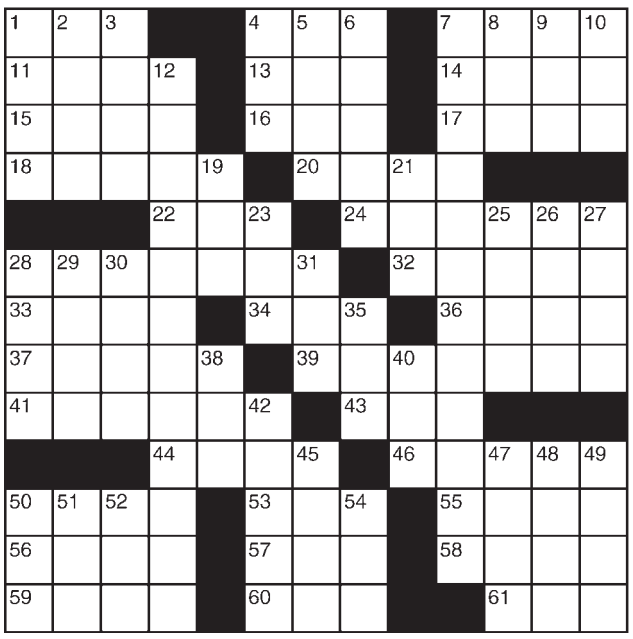
Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		6		5	4			1
	7		2					6
	3		9				4	
6							2	
		2	5		7	8		
	4							3
	8				6		5	
9					2		3	
2			3	1		9		

Crossword across

1 "— gets too hungry ..."
4 Existed
7 Go sightseeing
11 Baby bovine
13 Frozen over
14 With competence
15 Approximately
16 Can metal
17 High-flying toy
18 Prepare to drive
20 Medicinal measurement
22 Ply oars
24 Online biz
28 Talk and talk and talk
32 Push hard
33 Wooden strip
34 Pooch
36 Divisible by two
37 Unfriendly
39 Novices on the golf course
41 High hit
43 X-ray descendant
44 San — Capistrano
46 Subsequently
50 Boyfriend
53 Gear tooth
55 Siamese
56 Badder than bad
57 Coloration
58 Towel designation
59 Change
60 Explosive letters
61 Wapiti

Crossword down

1 Glaswegian, e.g.
2 Tortoise's opponent
3 Otherwise
4 Humour
5 Alkali neutralizer
6 Church council
7 Refuse to answer
8 Kimono sash
9 Last (Abbr.)
10 "The Catcher in the —"
12 Summer holiday
19 Cauldron
21 "Mayday!"
23 Marry
25 Inlet
26 Exceeding
27 Clothing store department
28 Applaud
29 Head light?
30 On
31 Scepter
35 Wrigley product
38 Winter ailment
40 Monk's address
42 Luxury craft
45 It may be a proper subject
47 Quaker's pronoun
48 "My Name Is —"
49 Put in jeopardy
50 Ms. Sills, to pals
51 Peron or Gabor
52 Melody
54 Obtain

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

8	1	7	6	5	9	3	4	2
9	2	4	7	8	3	6	5	1
3	5	6	1	4	2	8	9	7
2	9	1	8	3	5	7	6	4
5	6	3	4	2	7	9	1	8
7	4	8	9	6	1	2	3	5
6	3	2	5	7	4	1	8	9
1	8	5	2	9	6	4	7	3
4	7	9	3	1	8	5	2	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Chicken cobbler

INGREDIENTS:

1 lb (500 g) chicken, diced
2 tbsp (25 ml) plain flour
1 1/2 tbsp (20 ml) olive oil
2 onions, finely chopped
2 cups (500 ml) dry alcoholic cider
1 bay leaf
4 carrots, peeled
1/4 cup (50 ml) button mushrooms, halved
3 zucchini, trimmed
2/3 cup (150 ml) frozen corn kernels

COBBLER TOPPING:

1 1/4 cups (175 g) self-raising flour
1 tbsp (15 ml) chopped fresh parsley
1 tbsp (15 ml) snipped fresh chives
1 tbsp (15 ml) chopped fresh oregano
1 oz (30 g) unsalted butter, chilled and diced
7 tbsp (100 ml) low-fat milk

METHOD:

1. Preheat oven to 400°F (200°C). Toss chicken in flour to coat. Heat 1 tbsp (15 ml) oil in frying pan. Add chicken and fry over a medium heat, stirring, about 3 minutes. Stir in remaining oil and onions, reduce heat and cook 5 minutes, until onions are golden.
2. Stir in cider and bay leaf, and boil. Quarter carrots lengthwise, then chop into 3/4-inch (2-cm) chunks and add to pan with mushrooms. Reduce heat. Simmer gently for 20 minutes.
3. Meanwhile, cut zucchini into quarters lengthwise, then cut across into chunks, about the size of the carrots. Mix with corn and set aside.
4. To make the cobbler topping, combine flour, herbs and a little seasoning in bowl. Using your fingertips, rub in butter until the mixture looks like fine crumbs, then stir in milk until ingredients come together to make a soft dough. Turn onto floured surface and press with floured fingers to 1/2 inch (1 cm) thick. Using a floured 2 1/2-inch (6-cm) round cookie cutter, cut out eight rounds, re-using trimmings.
5. Stir zucchini and corn into chicken mixture and season. Transfer to ovenproof dish and arrange "cobblers" on top. Cook uncovered, for 20 minutes until topping is golden. Serve hot.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Your friends want you to pretend to be happier. You'll come up with an idiot-proof idea. A glum departure turns out to be for the best.

TAURUS
APRIL 21-MAY 21
Extreme childishness should be treated patiently. An insensitive bully will be despised. A blocked account has some intriguing consequences.

GEMINI
MAY 22-JUNE 21
Don't hurt anyone's feelings with disconcerting actions. An indifferent man has recognition issues. Be helpful to someone who is still idealistic.

CANCER
JUNE 22-JULY 22
A loyal friend sheds tears. Try to react to frantic activity with equanimity. You'll wait for a man to change his mind.

LEO
JULY 23-AUG 23
A cynic puts a damper on things. A peer isn't allowed to make contact. A marriage is discussed by a deserter.

VIRGO
AUG 24-SEPT 22
A slothful manner can't be put right. Be cool when listening to a blabbing creature. Limiting a debate will make others uneasy.

LIBRA
SEPT 23-OCT 23
Your clear thinking has dramatic results. Reveal the truth despite the chaos it causes. Be humble when your good deeds are revealed.

SCORPIO
OCT 24-NOV 22
You will frustrate an opponent. An important caller could change everything. Insensitive joking makes you speechless.

SAGITTARIUS
NOV 23-DEC 21
A friend confesses about a scam. Set aside time for overdue accounts. A busybody's hypocrisy will be apparent.

CAPRICORN
DEC 22-JAN 20
Your ability to treasure good times is still strong. Relief comes in the form of comical responses. A competitor is grateful for your honesty.

AQUARIUS
JAN 21-FEB 18
A speedy solution will have a peculiar flaw. Your steadiness is valued in a crisis. You won't easily ignore a dieting problem.

PISCES
FEB 19-MARCH 20
Don't make any hasty decisions. A man's cautious behaviour will affect your plans. Don't be melodramatic if someone fools around.

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